

# Low-Fiber Diet Instructions *Quick Guide*

## Yes

- ✓ White bread
- ✓ White rolls, plain bagels, and muffins
- ✓ White rice
- ✓ White pasta or noodles
- ✓ Plain crackers (saltines, vanilla wafers, animal crackers)
- ✓ Refined cereals (corn flakes, puffed rice, cream of wheat)
- ✓ Eggs
- ✓ Tender chicken or turkey (skinless)
- ✓ Fish or seafood
- ✓ Lean pork, veal, or lamb
- ✓ Tofu
- ✓ Applesauce
- ✓ Fruit juice without pulp
- ✓ Canned fruits without skins or seeds
- ✓ Ripe melon (cantaloupe, honeydew)
- ✓ Well-cooked vegetables
- ✓ Canned vegetables
- ✓ Potatoes without skin

## No

- ✗ Whole grains
- ✗ Brown or wild rice
- ✗ Oatmeal
- ✗ Granola
- ✗ Bran cereals
- ✗ Raw fruits
- ✗ Raw vegetables
- ✗ Berries
- ✗ Pineapple
- ✗ Dried fruit
- ✗ Beans and legumes
- ✗ Nuts
- ✗ Seeds
- ✗ Popcorn
- ✗ Tough meats
- ✗ Fatty meats
- ✗ Fiber supplements (Metamucil, Citrucel)



If you have questions, call us at (555) 555-5555

Scan for details

